MYACADEMYPT

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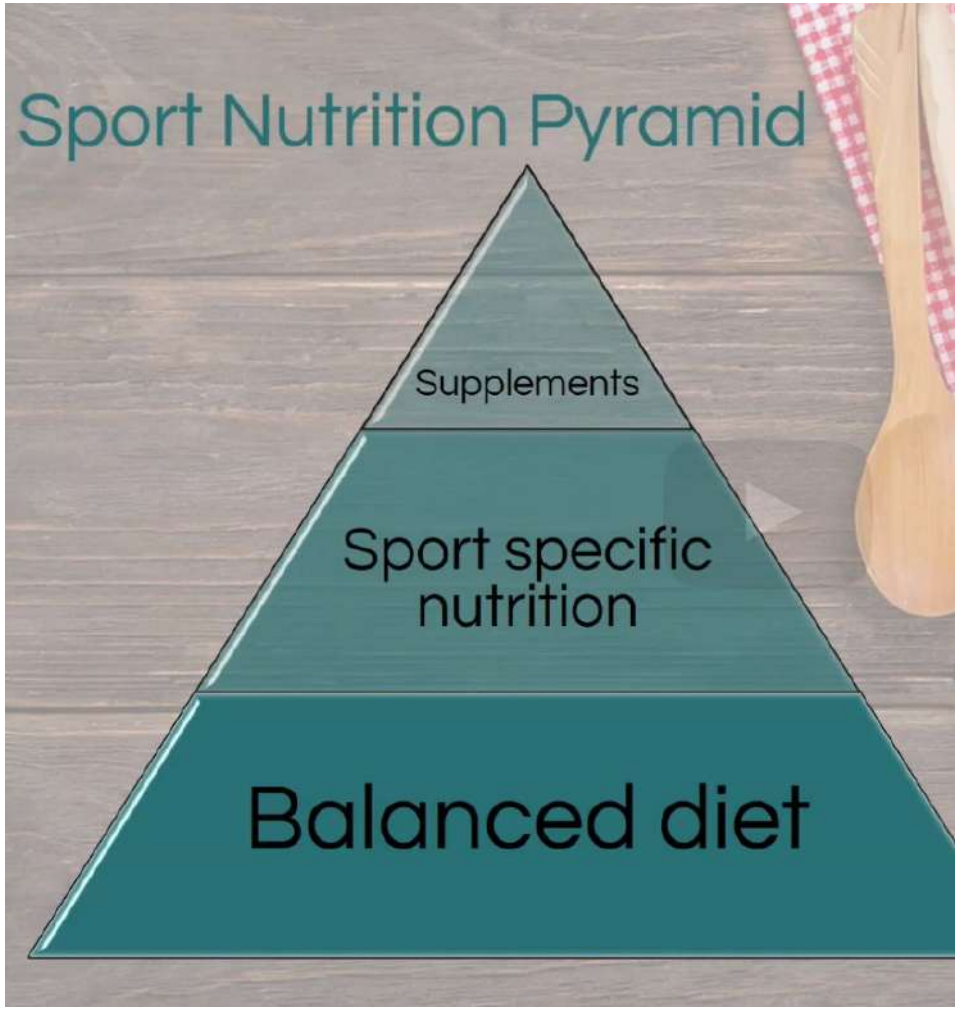
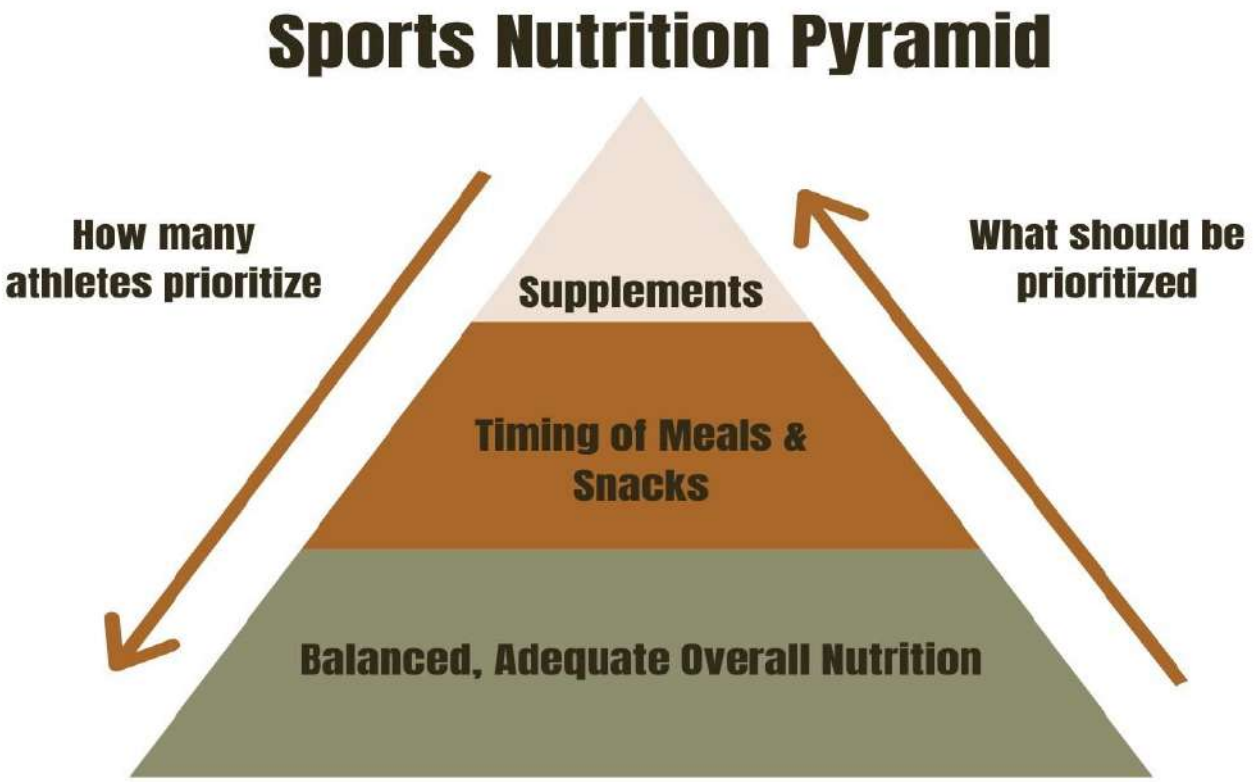
KATEGORIT

- Aktivitet Fizik
  - C'do aktivitet fizik qe kerkon levizjen e mases muskulare dhe te nevojave energjitike per te kryer levizjen.
- Stervitje
  - Stervitja eshte pjese e aktivitetit fizik.Duhet te kete nje qellim specifik si permiresimi apo mirembajten fizike dhe rritja e performances apo te qenit mire fizikisht.
  - Ndaj, duhet te kete nje plan stervitore, strukturore dhe te jete I perseritur. Te jete me min. me intesitiet te moderuar per te patur efekt permiresimi/mirembajtje
- Sport
  - Elementi vendimtare I sportit eshte kompeticioni.

PIRAMIDA USHQIMORE E SPORTIT



CFARE NDODHE NE FAKT



The sports nutrition pyramid by many athletes (and supplement companies)

Evidence-based approach by sports dietitians and other experts

How would you build a pyramid?

TIPOLOGJITE E AKTIVITETIT FIZIK

- Metabolizmi energjitik
  - Sistemi energjitik Fosfagjeni
  - Sistemi anaerobik
  - Sistemi aerobik

PESHENGRITJA

- Energji shperthyese
- Disa sekonda
- Muskujt dhe masa trupore

FOKUS NUTRICIONAL
Marrja e proteins eshte e rendesishme

SPRINTER

- Energji
- Nga disa sekonda-20sec.
- Sistemi energjitik Fosfagjeni

FOKUS NUTRICIONAL
Marrja e proteines dhe kreatines

ATLET I DISTANCAVE TE MESME

- Disa minuta
- Sistemi anaerobic
- Prodhim te acidit galaktik
- Shkakton ulje te performances

FOKUS NUTRICIONAL
Kontroll I rezervave energjitike- kapaci buferik me ane te suplemete

Atlete Rezistence

- Sistemi aerobik
- 10-15 min -deri ne disa ore
- Sistemi kardiovaskular-respirator ndermjet oksigjenit dhe nutrienteve

FOKUS NUTRICIONAL
Marrja e karbohidrateve para dhe gjate aktivitetit

GAME PLAYER

- Sprinter te shumta
- Rikuperim te kufizuar
- Kohezgjatje te lojes

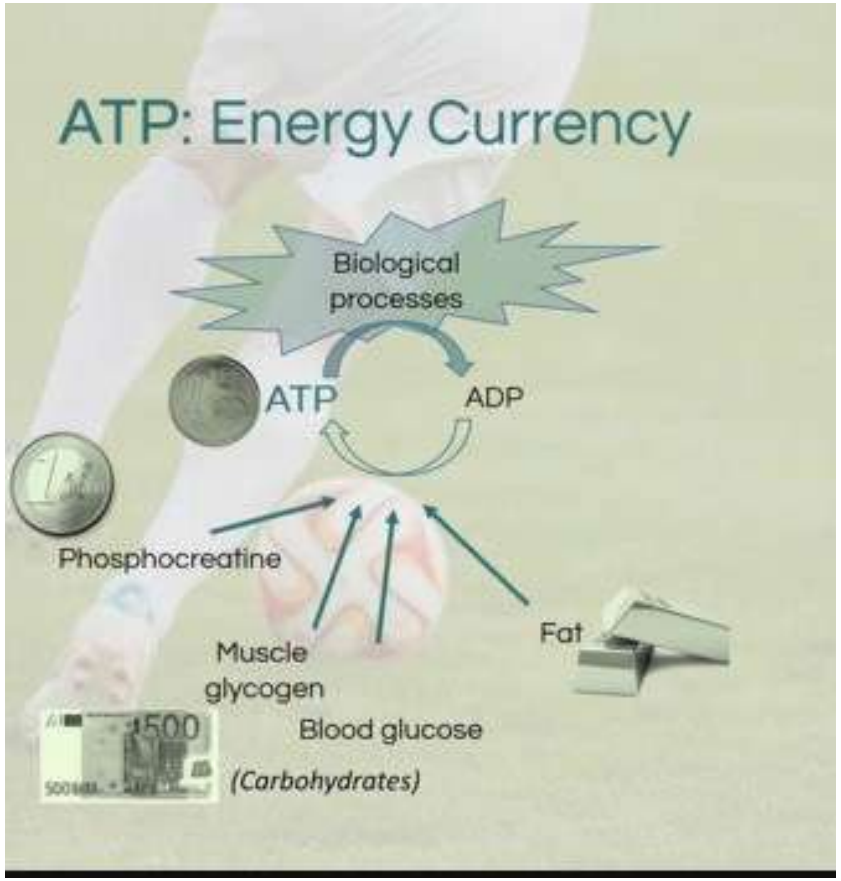
- Sfide per te gjitha sistemet energjitike

- Sistemi Aerobik I kombinuar ate afatshkurter dhe ate afatgjate

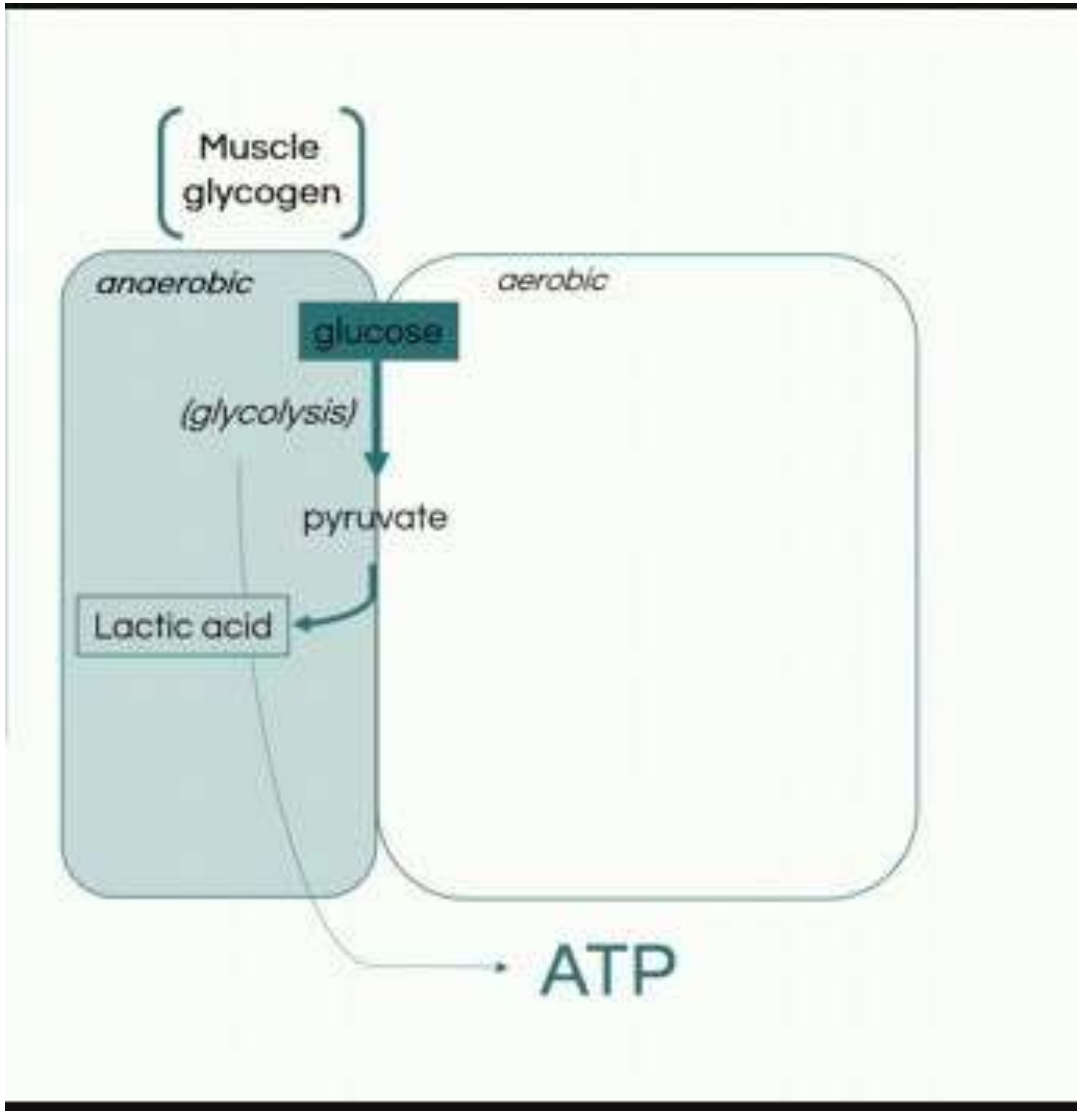
FOKUS NUTRICIONAL
Depo energjitike, protein, fosfokreatin

METABOLIZMI ENERGJITIK

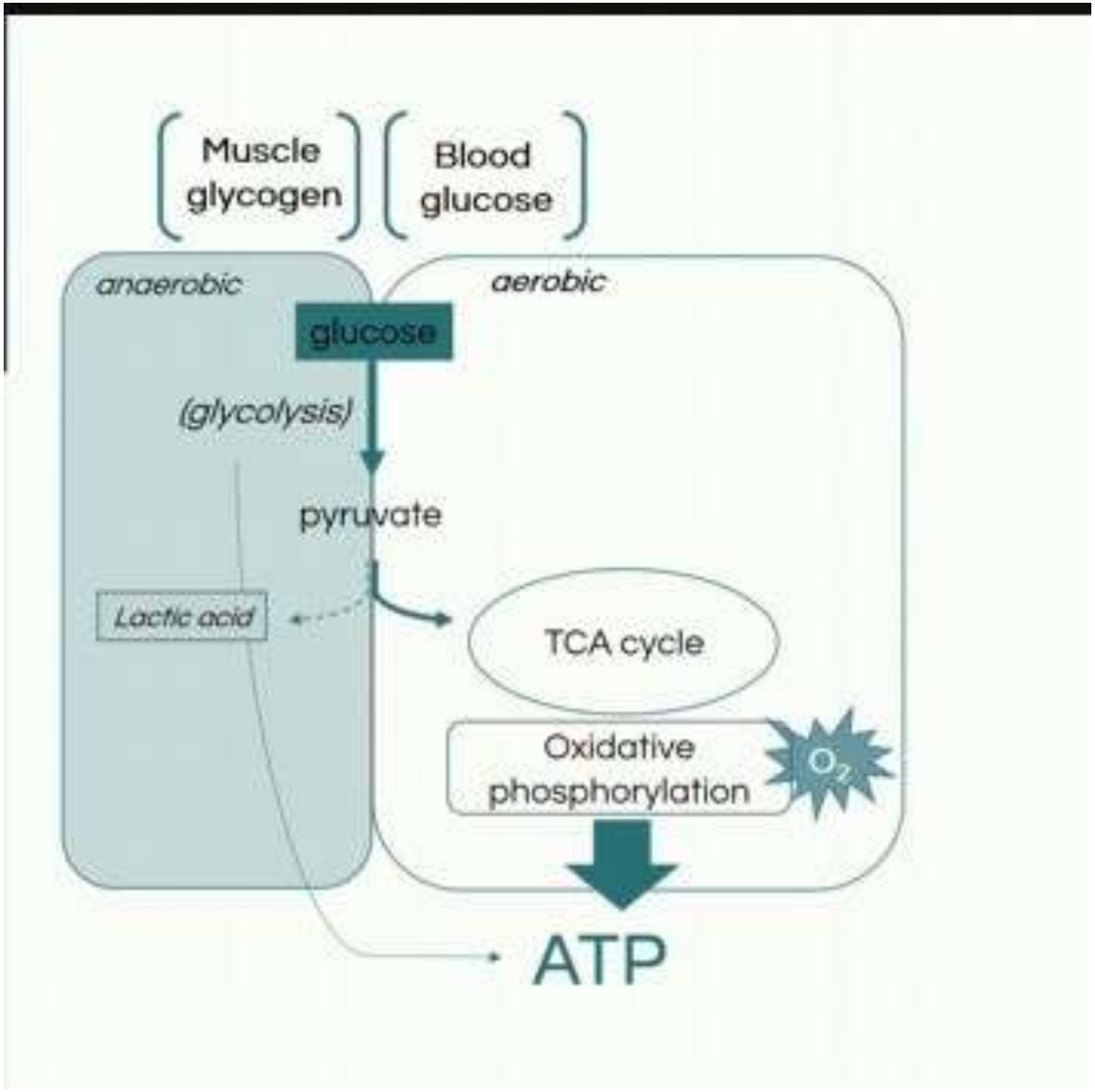
- ATP(adenosine triphosphate)- energjia qe djeg trupi yne
- ADP
- Fosfokreatine
- Glikogjeni ne muskujt
- Glikogjeni ne gjak
- Masa dhjamore



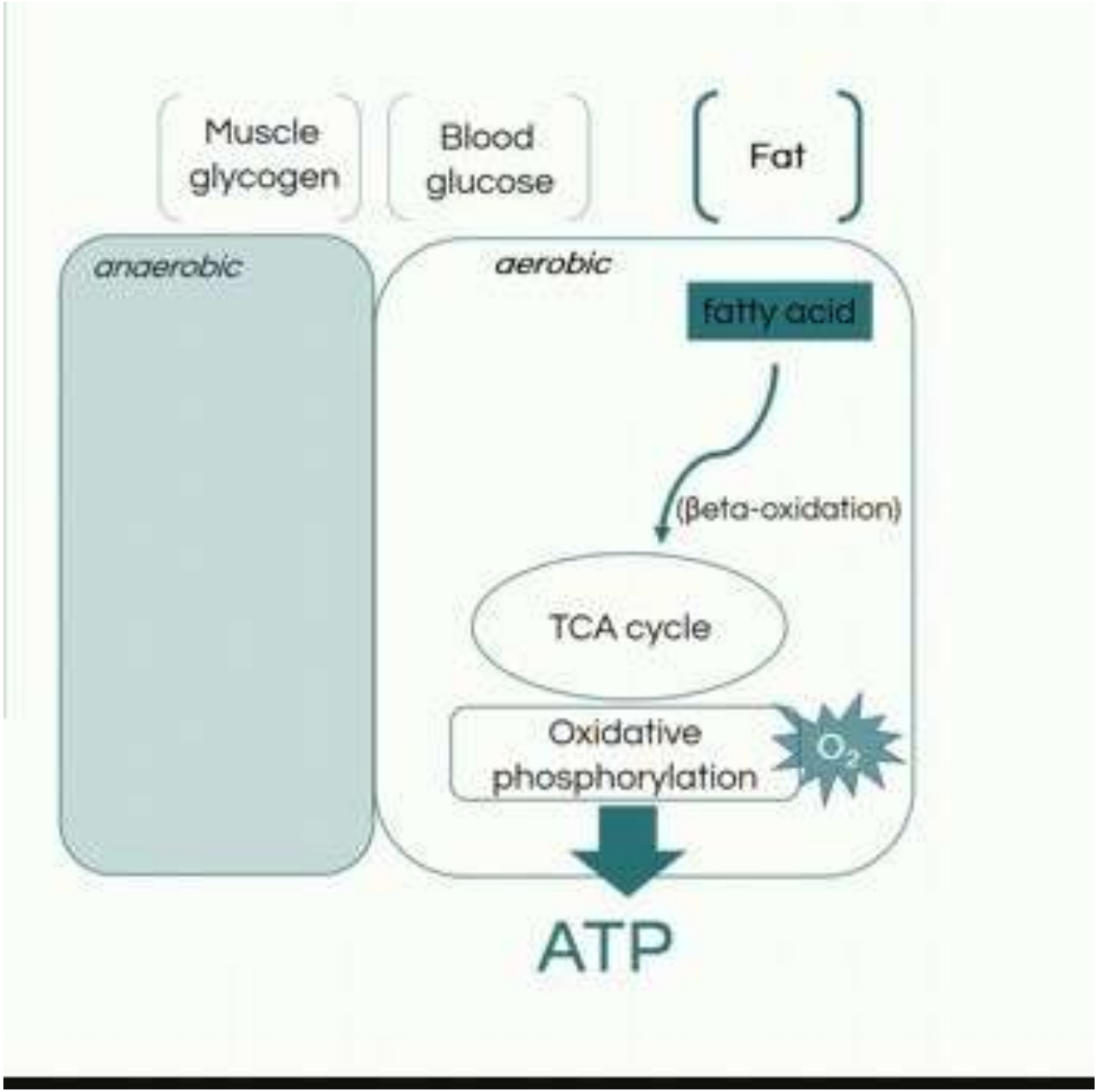
METABOLIZMI ENERGJITIK ANAEROBIK



METABOLIZMI ENERGJITIK ANEROBIK



METABOLIZMI ENERGJITIK MASA DHJAMORE



METABOLIZMI ENERGJITIK

	SPEED	DELAY	CAPACITY
Phosphocreatine	++++	Instantaneous	Very small
Anaerobic glycolysis	+++	5-10 s	limited
Aerobic Breakdown			
glucose & glycogen	++	minutes	moderate
Fat	+	long	huge

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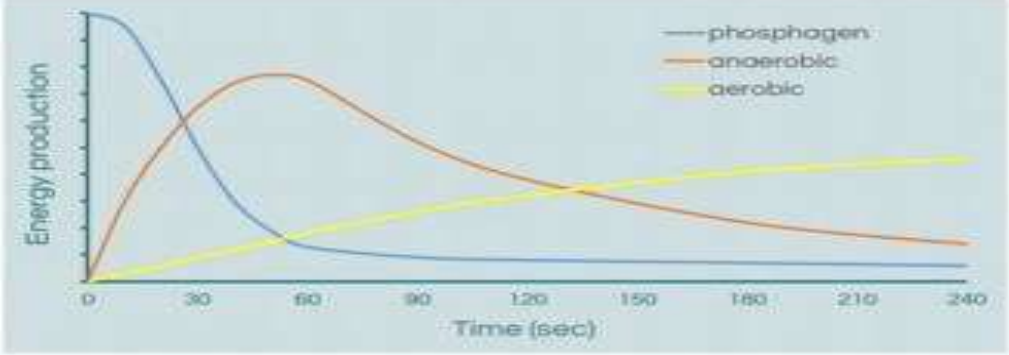
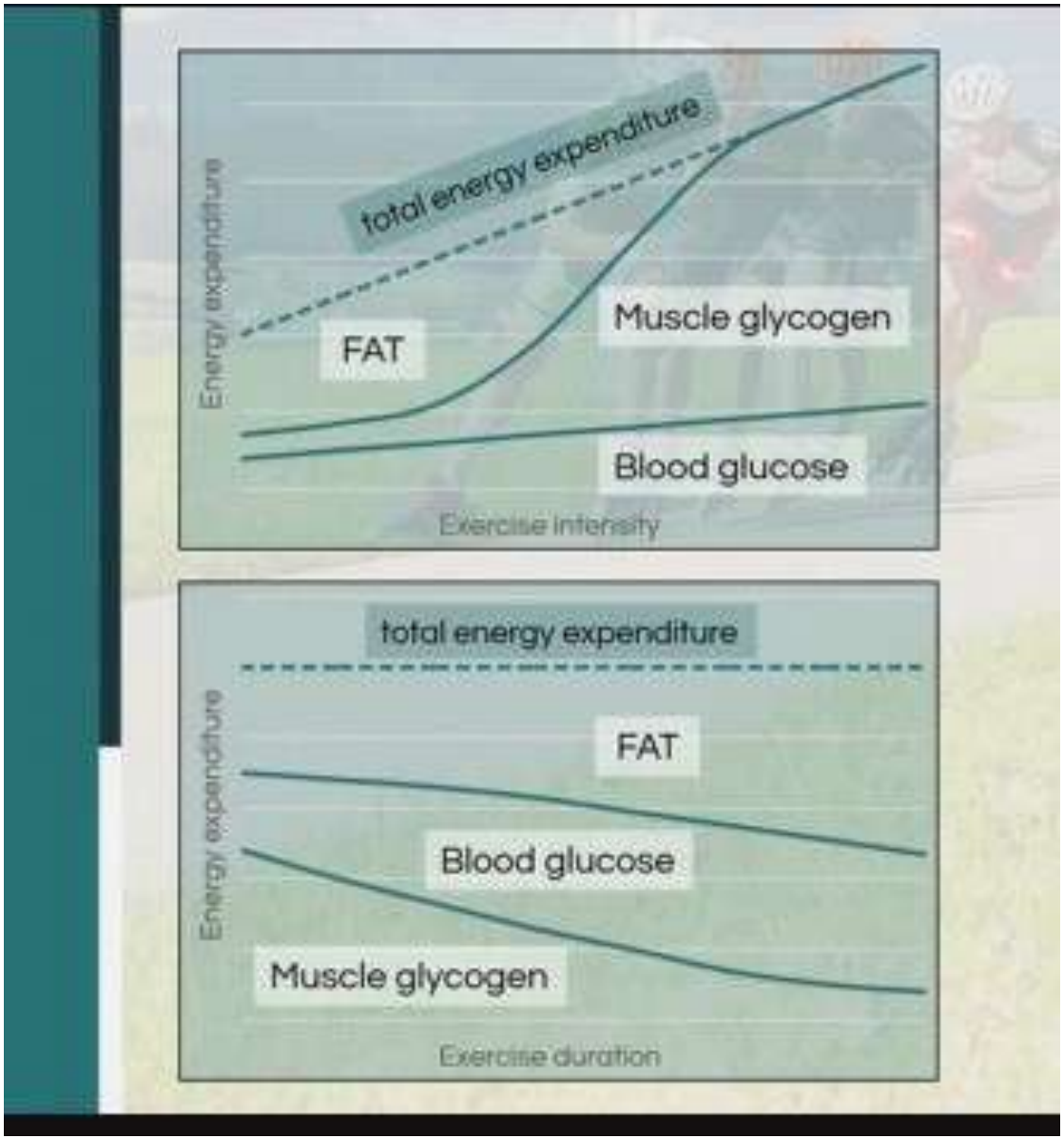


KARBOHIDRATE / YNDYRE

CARBOHYDRATES	FAT
Glucose	Fatty Acid
blood –borne muscle glycogen	from adipose tissue intramuscular lipids
Anaerobic glycolysis	-
Aerobic system	Aerobic system
Versatile fuel	Non-versatile
more energy per O_2 -> 'more efficient'	less energy per O_2 -> 'less efficient'
High intensity (an)aerobic exercise	*Moderate-to-high intensity aerobic exercise*
Limited stores	Huge stores
Moderate-long exercise	*Prolonged exercise*

BURIME ENERGJITIKE



OKSIDIMI I YNDYRES VS KARBOHIDRATEVE

FUEL OXIDATION

$RER = VCO_2/VO_2$

- 0.7 -> Fat oxidation
- 1.0 -> Glucose oxidation

Palmitate + $23O_2$ -> $16CO_2$ + $16H_2O$ + energy

RER = 16/23 = 0.70

Glucose + $6O_2$ -> $6CO_2$ + $6H_2O$ + energy

RER = 6/6 = 1.0

Carbohydrate and Fat as a fuel

- Exercise intensity & duration
- Training & Diet

Optimize endurance performance

- Improve fat oxidation via training
- Optimize carbohydrate availability when competing